



# CAREGIVER CONNECTIONS

*A monthly newsletter brought to you by the Calvert County Office on Aging.*

*March 2021*



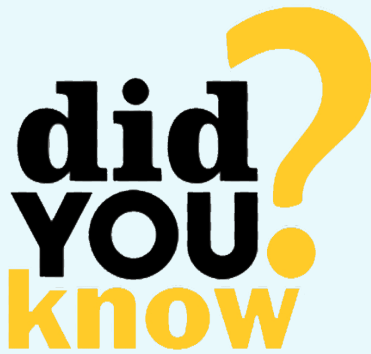
## **What to Do When Senior Caregiving Leads to Family Disagreements**

Let's face it, caregiving is hard. While rewarding, it is often a thankless job. It becomes even more difficult when family members disagree about how the caregiving should be done. So what can we do about this? Below are some ideas and resources that may be helpful.

### **Four Tips for Asking for Help**

- 1. Before you ask for help, know what type of help you want.** Once you know that answer, don't be afraid to let others know what help you need. Don't assume others know the answer.
- 2. Stop the cycle of guilt and anger.** Try to avoid making others feel guilty for not helping. It's tempting because you're probably feeling angry and resentful. To avoid further conflict, be mindful of your tone and body language. If you're angry when you make your request, the people you are asking to help will likely be put off even if the words you use are polite. Asking with a pleasant tone works much better than asking angrily. Like the saying goes, "you can catch more flies with honey than with vinegar."
- 3. Be specific in your request.** For example, don't say "I need help with Mom on Saturday." Instead say, "I need you at the house at 9:30 a.m. so I can go to my doctor's appointment and then run errands. I will be back at 2:30 p.m."
- 4. Get professional help from outside the family.** Caring for parents is an emotional and stressful time and families have long, complicated histories. That combination can

make communicating difficult because it's easy for everyone involved to overreact, misinterpret or rehash old fights. If family discussions keep turning into fights and decisions aren't being made, consider getting a professional to help. Professionals such as family therapists, social workers, faith leaders or mediators can help families work through tough situations. Sometimes it takes an unbiased outside party to resolve conflicts, focus conversations on the present and find solutions that everyone can accept.



### No Cost Services Available for Residents

The Community Mediation Center of Calvert County offers services at no cost to Calvert County residents. While they offer a variety of mediation services, they have experience working with families to resolve conflict and find solutions that work for all involved.

Visit the [center's website](#) or contact them by email at [calvertmediation@gmail.com](mailto:calvertmediation@gmail.com) or by phone at 443-295-7456.

### Advocating for Our Loved Ones and Ourselves

Don't miss out on this great Zoom presentation for caregivers!

Saturday, March 13 from 10 a.m. to noon

Join Loretta Woodward Veney, healthcare advocate expert, as she speaks about the following topics:

- what it means to be an advocate
- best practices for advocating for others and ourselves
- seeking and finding the help you need
- preparing for medical appointments
- planning for emergencies
- what to do when things go wrong
- defining the role of an Ombudsman

Register for the Event

### CONTACT INFORMATION

#### Calvert County Office on Aging

Lisa Caudle, Long Term Care Manager

[Lisa.caudle@calvertcountymd.gov](mailto:Lisa.caudle@calvertcountymd.gov)

450 West Dares Beach Road

Prince Frederick, MD 20678

410-535-4606, ext. 129

[www.calvertcountymd.gov](http://www.calvertcountymd.gov)

